



PIGSKIN PASS
FORMER HUSKIES COACH
STEVE SUMARAH LANDS
AT CARLETON {page 16}

**FAREWELL,
CITADEL**
HOTEL CHECKS
OUT FOR GOOD

{page 3}

WEIGHTY MATTER
PETER KELLY DECLINES
TORONTO MAYOR'S DIET
CHALLENGE {page 6}



HALIFAX

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Tuesday, January 17,
2012

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Bedford man charged in espionage case

► All offences alleged to have happened in or near Halifax, Ottawa and Kingston, Ont.

A Canadian navy intelligence officer from Bedford has been charged with communicating information to a foreign entity in a case the RCMP commissioner says is a sign Canada is not immune to threats of espionage.

Jeffrey Paul Delisle, 40, appeared in Halifax provincial court on Monday to face two charges under the Security of Information Act that deal with communicating information over the past five years that could harm Canada's interests.

The Defence Department said Delisle is a sub-lieutenant in the navy and an intelligence officer. Defence sources say he worked at CFB Stadacona's Trinity section, a naval communications and intelligence centre in Halifax that was a multinational base with access to secret data from NATO countries.

A source said the Canadian Forces counter-intelligence branch is conducting a damage assessment as a result of the case.

RCMP Commissioner Bob Paul-

Seeking bail

► Jeffrey Delisle was ordered to remain in custody and is due back in court today for a bail hearing.

son issued a statement about the charges, but did not reveal any details about what information is alleged to have been disclosed.

"Notwithstanding the seriousness of these charges, the RCMP is not aware of any threat to public safety at this time," he said.

"This investigation demonstrates that Canada is not immune to threats posed by foreign entities wishing to undermine Canadian sovereignty.

"We must be ever-vigilant to the real threat of foreign espionage, and continue investing time and resources into the prevention, detection, investigation and prosecution of such acts."

THE CANADIAN PRESS

Court. Case



► Former Cape Breton West MLA Russell MacKinnon arrives at Halifax provincial court on Monday morning. MacKinnon faces eight counts of uttering a forged document and single counts of fraud over \$5,000 and breach of trust. Story, page 3.

RYAN TAPLIN/METRO

Ex-MLA to stand trial in spending scandal



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A SERIES OF PLACES
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brunelloestates.com

Saying sayonara to the Citadel Hotel

When the last guest checks out of the Citadel Halifax Hotel this morning, the doors will be locked behind them forever.

After 48 years, the hotel at 1960 Brunswick St. is shutting down on Tuesday to make way for a two-tower hotel complex and an apartment building.

Six guests were registered to check in on Mon-

day night. Two of them were a mother-daughter pair who have a tradition of staying at the Citadel Halifax once a year to celebrate the daughter's birthday.

"We'll probably actually take the last guest and make a big deal of them checking out and present them with a gift from the hotel in memory of the closing," said Stacie Bow-

The plan

- ▶ One tower is made up of suites for longer stays.
- ▶ It offers 5,000 square feet of meeting space.
- ▶ The apartment building is 130 units, plus a restaurant.

dridge, general manager. It will be Bowdridge who will lock the doors for

the last time, and she said there will probably be a few tears.

"Of course I'm sad, but if you've seen the designs for the new hotel you know how exciting that is for us," she said.

There were 80 employees but numbers dwindled somewhat as the hotel reached the end point.

"A lot of staff have definitely found employment

and a lot of them are taking some time to decide what they want to do," Bowdridge said.

In the next few months, an environmental assessment of the site will be completed before the building is demolished. If the design passes Halifax regional council, the \$60-million complex will be open in the fall of 2013.

● JENNIFER TAPLIN

Ex-MLA defers question of guilt

▶ Former Cape Breton West MLA Russell MacKinnon faces charges from an MLA expense scandal

▶ The dates for his trial will be set on March 15



ALEX
BOUILLIER
@METRONEWS.CA

Russell MacKinnon deferred to his lawyer when asked whether he was innocent or guilty outside a Halifax courtroom on Monday.

The former Liberal MLA for Cape Breton West appeared at Halifax provincial court for a preliminary hearing into charges stemming from the MLA expense scandal. He faces one count of fraud over \$5,000, eight counts of uttering a forged document and breach of trust by a public officer.

"Speak to Mr. Pink," MacKinnon said when asked if he was innocent or guilty. "He knows all the answers."

"It's in process," added MacKinnon's wife, Michele Raymond, who is the MLA for Halifax At-



▶ Joel Pink

lantic.

Joel Pink, who is MacKinnon's lawyer, said after hearing from the Crown's main witnesses on Monday he is satisfied the charges "may call for an explanation."

"Let me assure you that we will in fact build what I think to be a valid case to be put before the (court)," Pink told reporters.

"There is absolutely no chance that there will be

a guilty plea."

Crown attorneys Andrew Macdonald and Mark Heerema called three witnesses on Monday.

The evidence presented at the preliminary hearing was subject to a publication ban.

"In court today you heard from the three main Crown witnesses with respect to expenses, receipts and that kind of thing," Macdonald said outside of court.

It was MacKinnon's first appearance at court since he, along with three other politicians, were charged in the wake of the MLA expense scandal.

Richard Hurlburt, Dave Wilson and Trevor Zinck all face charges relating to fraud, forging documents and breaching trust.

Zinck, the current MLA for Dartmouth North, has also been charged with theft over \$5,000.



▶ Russell MacKinnon passes through a metal detector at Halifax provincial court on Monday.

RYAN TAPLIN/METRO



Goofy motion-control and battery packs for the electricity-challenged are among the weirder gadgets from CES. Scan the code for the story.

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3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Stephen Colbert's Super PAC airs a new ad targeting Mitt Romney. Of course, Colbert had "nothing" to do with it. Watch at metronews.ca/video.

Savage to make mayoral intentions clear

After months of speculation from journalists and pundits, Mike Savage says he's almost ready to announce whether or not he'll run for mayor.

The former Dartmouth-Cole Harbour Liberal MP said on Monday he had nothing new to report on the matter.

"But I know I have to let people know very shortly

and I will," he said.

When asked if he'll be announcing within two weeks, Savage said he won't put a time on it, but he'll be making his intentions known "very shortly."

Savage, who works for the Dartmouth-based marketing firm m5, lost his federal seat to the NDP's Robert Chisholm last May.



▶ Mike Savage

RYAN TAPLIN/METRO

The rumours of a possible mayoral run were swirling before he had a chance to clean out his constituency office.

Incumbent Mayor Peter Kelly has yet to officially declare his candidacy, but is widely expected to run again. Several others have already put their names forward.

● ALEX BOUILLIER

News in brief

Man charged with stunting

A 20-year-old Kentville man is charged with stunting after Halifax police say he was going 201 kilometres per hour in a 110-kilometre zone on Highway 101 in Middle Sackville. ● METRO

Municipal CFO abruptly resigns

► Jim Cooke leaving for private-sector job in Toronto



ALEX BOUTILIER
@METRONEWS.CA

The chief financial officer of the Halifax Regional Municipality has abruptly announced his resignation four and a half months after he started.

Jim Cooke said on Monday that he'll be leaving for a private-sector opportunity in Toronto on Jan. 25.

Cooke told Metro he can't disclose what the opportunity is due to personnel issues, but said it was too good to turn down.

"It was a very, very hard decision to make," Cooke said of the decision to end his four-month tenure with HRM.

"An opportunity came up that I couldn't say no to.... I wasn't looking. Thought I'd retire here, to be honest."

Cooke said he's confident the municipality's financial staff will be able to put together the spring budget without him. That budget usually comes before Halifax regional council in March.

"We're in pretty good shape from a budget-process point of view," Cooke said. "And as you can appreciate, I don't manage that on a day-to-day basis."

Cooke had nothing but laudatory remarks for the municipal finance department and for CAO Richard Butts.

Despite rumours of dis-



RYAN TAPLIN/METRO

"We've been working on the budget for quite a while now, and we feel we're in a good spot with the budget."

RICHARD BUTTS

sent in the bureaucratic ranks due to the new CAO's approach, Cooke said he and Butts enjoyed a good working relationship.

Butts is expected to announce an interim CFO by the end of the week.

Murder. Case



► Steven Laffin is escorted into Halifax provincial court on Monday morning.

RYAN TAPLIN/METRO

Laffin back in court

A preliminary hearing began in the case against Laffin on Monday for the second-degree murder of Halifax's Nadine Taylor, who went missing in 2010. The hearing is expected to take place over the course of nine days.

Potatoes not welcome at school

Potatoes are not welcome at Sir Charles Tupper Elementary School in Halifax. The common vegetable — in any form — has joined nuts and eggs as foods that could spark allergic reactions among students.

"One of the children is very allergic to ... any type of potato vapour," Paula Hoyt, principal at the school, said on Monday.

Hoyt said it is up to each individual school in the Halifax Regional School Board to assess the allergies among their student population and then take the necessary precautions.

TORSTAR NEWS SERVICE

On the list

► Potatoes were added to the list of unwelcome foods at the beginning of the school year.



Be heard.

HRM is conducting a Citizen's Survey to find out what's important to you, our residents.

Households from across HRM were randomly chosen to take part. If you received a letter asking you to complete the survey, please participate.

Help build a better future for our city.

Surveys can be completed online, by telephone or by requesting a paper copy.

halifax.ca/citizensurvey



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Property values up: PVSC



**JENNIFER
TAPLIN**
@METRONEWS.CA

Property assessments across the province are up an average of six per cent this year, according to the Property Valuation Services Corp.

The PVSC mailed 590,000 assessments to properties around Nova Scotia on Monday. Residential property assessments in the province are valued at nearly \$69 bil-

lion and commercial property assessments at \$21 billion.

Residential property values are up seven per cent in HRM, and commercial values are up eight per cent.

The provincial property tax cap is set for 3.9 per cent for over half of the provincial properties that qualify.

It's the biggest adjustment in recent years, said Mayor Peter Kelly, but taxpayers will be offset.



► Peter Kelly

"We need to give that 3.9 back in terms of a tax-rate decrease and yet we still have capacity in growth, from real growth last year from both residential and commercial," Kelly said on Monday.

Council will officially set the rate during budget discussions starting next month.

All municipal departments were directed to have no budget increases this year unless absolutely necessary, Kelly added.

Killer on parole guilty of new crime

A Pictou County man out on parole after serving time in prison for murdering a cab driver has pleaded guilty to new charges of unauthorized possession of a restricted firearm and possession of drugs.

Christopher Alexander Falconer, 29, whose court paperwork lists his home

address in Heathbell, was taken into custody in November under a parole violation. He has been held in a federal institution since then.

Falconer appeared in Pictou provincial court Monday and pleaded guilty to both charges and proceeded immediately to sentencing, where he will now continue to serve his life sentence. Clad in a blue T-shirt and jeans, Falconer sat silently during the sentence and declined to comment on the facts of the case. **NEW GLASGOW NEWS**



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It's a battle-of-the-bulge throwdown

► Toronto Mayor Rob Ford tipped the scales at 330 pounds Monday morning as he called on fellow North American mayors — some of whom are rather svelte — to join him in a six-month weight-loss campaign

Toronto Mayor Rob Ford has turned his battle of the bulge into an international throwdown.

In a tweet announcing the challenge, he singled out Calgary

Mayor Naheed Nenshi, Vancouver Mayor Gregor Robertson and Halifax Mayor Peter Kelly, as well as New York City's Michael Bloomberg and Chicago's Rahm Emanuel to join him.

Dubbed the Cut The Waist Challenge, the campaign aims to encour-

age the public to embrace a healthier lifestyle, said the mayor, who hopes to lose 50 pounds by June 18.

It's unclear how many of Ford's peers will take him up on the challenge, given that some are already known for their healthy habits and lean physique.

"Mayor Bloomberg exercises daily and very avidly watches what he eats — two reasons why he's about as thin as he was in college 50 years ago and not at all overweight," Bloomberg's

spokesman, Stu Loeser, said in an email.

"Though this plan sounds like a great idea, it doesn't really apply to our mayor," he added.

Emanuel, a triathlete who logs daily workouts and carries a water bottle wherever he goes, may not have much to lose either.

Meanwhile, Robertson's website describes him as "a dedicated cyclist."

Ford said he hatched his weight-loss plan over the holidays. "It's the heaviest

I've ever been," the mayor said. "I've got young children. This is not healthy. You can't be running the city, you can't be doing all this at 330 pounds."

The mayor said his

weight-loss plan will be based on "common sense" — more exercise and less food. **THE CANADIAN PRESS**

Metro challenge

Metro staff are responding to the mayor's Cut The Waist Challenge by committing to a collective weight-loss goal. They're stepping on the scale each Monday for the next six months. See where they are next week!

RYAN TAPLIN/METRO HALIFAX



Peter Kelly

Halifax Mayor Peter Kelly, at five-foot-11, is roughly half the weight of Toronto Mayor Rob Ford. "Since, over the past few years, I've already lost over 30 pounds, I don't need to lose any more, and if I did you wouldn't be able to see me," Kelly said. Kelly politely declined the personal challenge, but said he would accept a community challenge.

● METRO HALIFAX

HENRY RAY ABRAMS/THE ASSOCIATED PRESS



Michael Bloomberg

New York City's trim mayor Michael Bloomberg politely declined the challenge. But that doesn't mean he won't stop pestering his fellow New Yorkers to drop some pounds. Bloomberg is continuing his public-health campaigns, warning about the dangers of sugar, salt and too much alcohol. And just last week Bloomberg unveiled a subway ad blitz about portion control.

THE CANADIAN PRESS

CONTRIBUTED



Naheed Nenshi

Calgary Mayor Naheed Nenshi was hesitant to commit to Ford's challenge, but a spokesperson said he's considering it. Nenshi has said previously that he's committed to health initiatives and is participating in a fitness challenge with staff. ● METRO CALGARY

► In a statement Monday, Vancouver Mayor Gregor Robertson said he was "very supportive of efforts by other mayors to take a leadership role in promoting healthy lifestyles." For exercise, Robertson plays soccer and bikes to and from meetings.

Premiers call for changes to Ottawa's health funding plans

Premiers appeared determined to push Ottawa to change federal Finance Minister Jim Flaherty's take-it-or-leave-it plans for health transfer payments, especially when it comes to including funds for the elderly.

Premiers arriving in Victoria for meetings were unanimous in their call for changes to Ot-

tawa's plans for a per-capita health funding formula, saying basing funding strictly on population does not factor in the elderly, whose health costs rise as they age.

Dr. John Haggie, Canadian Medical Association president, said Monday the premiers have an opportunity at these meetings to look to new ways to fund

and improve Canada's health-care system despite Ottawa's insistence on a strict funding model.

"The opportunity lies in how the provincial and territorial premiers approach that funding envelope," said Haggie. "I think there's a lot of scope with-in there to do things without necessarily demanding simply more dollars."

Flaherty said Ottawa plans to continue increasing health transfer payments at six per cent annually until 2017. After that, health transfers would be tied to the rate of economic growth and inflation, currently estimated at four per cent, but the government will never let the amounts fall below three per cent. **THE CANADIAN PRESS**

JONATHAN HAYWARD/THE CANADIAN PRESS



► From left to right, N.W.T. Premier Bob McLeod, B.C. Premier Christy Clark, Nova Scotia Premier Darrell Dexter, P.E.I. Premier Robert Ghiz, Manitoba Premier Greg Selinger and Yukon Premier Darrell Pasloski.

Alleged war criminal must stay in custody

► Quebec City man cited in Rwandan genocide ► UN looking into claims he could be tortured if deported

A Rwandan man who is facing charges of inciting genocide and crimes against humanity will remain detained pending a court decision on his deportation.

Leon Mugesera will return before an immigration board in a week's time if he is still in Canada, commissioner Dianne Tordorf ruled after an hour-long hearing in Montreal on Monday.

Tordorf described Mugesera as a flight risk who couldn't be trusted, given his hospitalization last



► Mugesera

week just a day before he was scheduled to be deported.

For now, Mugesera will remain at a detention centre near Montreal as lawyers seek to keep him in Canada while a UN committee looks into allegations he could be tortured if he is deported to Rwanda.

Those arguments will be heard this Friday in Quebec Superior Court.

THE CANADIAN PRESS



► Tooba Yahya and Mohammad Shafia leave the Frontenac county courthouse in Kingston, Ont., last Friday.

Crown theories akin to bedtime stories: Mom

A mom charged with killing her three daughters turned the tables on the prosecutor in her case Monday, accusing him of having an overactive imagination and likening his theory of what happened to a child's bedtime story.

Tooba Yahya, 42, was on the stand for a sixth day at the Shafia family murder trial, where she, her husband and their son are accused of killing the three girls and the first wife in their polygamous marriage.

THE CANADIAN PRESS



► Visitors to the Martin Luther King, Jr. Memorial in Washington, Monday.

S.C. rally marks King day with voting-rights message

For most of 13 years in South Carolina, the attention at the National Association for the Advancement of Colored People's annual rally on Martin Luther King Day has been on the Confederate flag that still waves outside the Statehouse, which critics call a symbol of slavery.

But on Monday, the civil-rights group shifted the focus to laws requiring voters to show photo identification before they can cast ballots, which the group and many other critics say is especially discriminatory toward African-Americans and the poor. THE ASSOCIATED PRESS

News in brief

Space probe's crash site still unknown

MARS MISSION. Russian officials say they still have no firm information where a failed Mars moon probe plummeted to Earth, the day after it went down.

The unmanned Phobos-Ground probe fell Sunday after being stuck in Earth's orbit for two months.

The \$170-million craft was one of the heaviest and most toxic pieces of space junk ever to crash to Earth, but space officials and experts said the risks posed by its crash were minimal because the toxic rocket fuel on board and most of the craft's structure would burn up in the atmosphere high above the ground anyway.

The deputy head of Russia's space agency, Anatoly Shilov, told state news channel Vesti that agency data assumed the craft broke up somewhere over Brazil. THE ASSOCIATED PRESS

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Home sales surpass projections

So much for a housing-market slowdown in 2011.

Home sales across the country rose 2.2 per cent over 2010 to 457,000 units last year, according to data released Monday by the Canadian Real Estate

Association.

That read is nearly a full percentage point higher than CREA had been anticipating in the fall when it projected a 1.4 per cent gain over 2010 to 453,300 homes.

However, the last few months of 2011 indicated a slowdown is on its way in the housing market, economists noted Monday. **THE CANADIAN PRESS**

Nortel meltdown

► Nortel was once Canada's most valuable company, with more than 90,000 employees worldwide.

► The 2002-03 accounting scandal produced a stock-market flameout, dragging down the share from \$124.50 in 2000 to penny-stock status. Now, the stock is delisted and worthless.

Crown: Ex-Nortel execs cooked books

► Prosecutor says financial statements off by half a billion dollars ► Crown to bring forward 27 witnesses, including former executives who may be accomplices

One of the biggest trials in Canadian corporate history got underway Monday, with the Crown prosecutor beginning to lay out his case against three former Nortel Networks executives accused of falsifying financial reports.

Former chief executive Frank Dunn, former chief financial officer Douglas Beatty and former corporate controller Michael Gologly each entered not-guilty pleas to two charges before the prosecutor began his opening statements.

Crown attorney Robert Hubbard alleged the three men worked together to falsify Nortel's records and statements to make it look more profitable.

Hubbard said Nortel's financial statements were incorrect in the first and second quarters of 2003. The prosecutor argued it is clear that the way Nortel



► Frank Dunn

recorded its financial statements was not in accordance with accounting principles.

"The only real question is, did you know it at the time?" Hubbard said, gesturing to the accused.

Hubbard said he aims to prove the men falsified statements because bonuses for senior executives were linked to consecutive quarters of profitability. The accused "had to juggle accounting to achieve those results," Hubbard said.

Even though Nortel had been losing millions of dollars for several years, it was still generating huge revenues from global sales of advanced technology.

THE CANADIAN PRESS

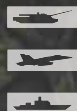


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WestJet mulls new regional carrier

WestJet is considering launching a new short-haul regional airline — a move observers say would intensify competition with its chief rival, Air Canada, and benefit travellers.

Few details were available on the proposed regional operation, other than that the Calgary-based company is thinking about launching it as early as 2013 using a fleet of approximately 40 smaller, turboprop aircraft.

"It's going to represent ... extra competition in many communities across the country where Air Canada's the only game in town," Robert Kokonis, president of AirTrav Inc., said Monday.

The airline industry is already ultra-competitive

Market moment

| TSX | Dollar |
|--------------------------|---------------------------------|
| | |
| + 27.54 (12,258.60) | + 0.45¢ (98.23¢ US) |
| Oil | Natural gas |
| | |
| - 99¢ US (\$99.69 US) | \$2.54 US (- 13¢ US) |
| | Gold |
| | \$1,643.50 US (+ \$12.70 US) |

and the potential move means it would be jockeying against Air Canada for customers in markets where it hasn't had much of a presence.

The move would be a departure from WestJet's strategy of flying only Boeing 737s. Having one type of plane means cheaper and simpler training and maintenance.

THE CANADIAN PRESS

FOUR WAYS TO DIVORCE JANUARY FROM ITS REPUTATION

SHE SAYS ...

JESSICA NAPIER
METRO



Did you know that more couples file for divorce in January than at any other time of the year? Disheartening as it is, January's unfortunate notoriety as Divorce Month certainly makes sense. Couples on the brink of breaking up will fake it till they make it through the holidays, holding off until the new year to seek legal separation.

Luckily, I don't have much experience when it comes to divorce (thanks mom and dad). However, from the second-hand knowledge I've collected over the years, I know that there is never an easy time to say "I do" to divorce.

Sure, it might be a popular time of year to make your failed marriage official, but there are plenty of less depressing milestones worth celebrating. I say, let's take back January from the family law firms and make it a month dedicated to something other than irreconcilable differences.

Here are a few alternatives I'm proposing:

Give a Big Tip Month: In January 1914, Henry Ford established a previously unheard-of \$5 a day minimum wage in his automobile factories. Why not celebrate this month by giving generous tips to all of those hard-working servers, cab drivers, baristas and other minimum-wage employees who make your life easier. In other made-up-holiday news, January also happens to be National Thank You Month, giving you another reason to show some gratitude.

Act like a Grown-up Month: On the second Monday in January, the Japanese celebrate Coming of Age Day in recognition of young adults who have reached the age of majority. Take some inspiration from the Japanese and honour your own maturity this month by wearing a proper jacket in the cold, not using emoticons in work emails and finally paying off your credit card bill.

Get Political Month: In January 1916, Manitoba became the first Canadian province to grant women the right to vote in provincial elections. Recognize this moment in history by using the remaining days in January to learn more about Canadian politics. Stop forwarding S-t People Say videos to your friends and take some time to write to your local MP about an issue you care about.

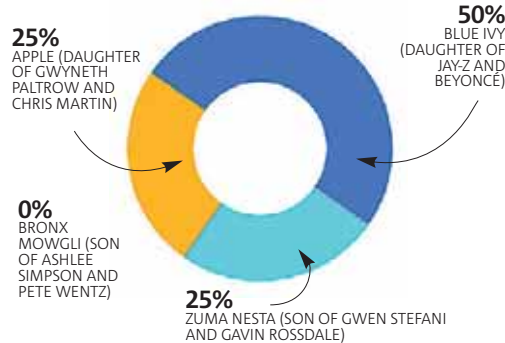
Read a Book Month: Remember books? Well, this month (today in fact) marks Benjamin Franklin's 306th birthday, and as the founder of America's first lending library, he would want you to put down your iPad, get offline and become reacquainted with paperbacks. Of course, let's ignore the fact that I used Wikipedia to research all of these pieces of January-centric trivia.

Read more of Jessica Napier's columns at metronews.ca/shesays



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metropolitanpanel.ca
and take the quick poll

What's your favourite unconventional celebrity baby name?



Local tweets



► @garejean: The only day its sunny is when its too cold for clouds to form. Welcome to #Halifax

► @SmoggyRandall: #Halifax ! Nice to finally see your wintry side feels like 20 below but not a cloud to be seen, I'll take it.

► @k8ehowell: I have completely given up on knowing how to dress in #halifax. Wearing shorts and a thick knit sweater in december #sweating

► @kellyo823: I wanna move out of Halifax. Too much violence !

► @jared_mackenzie: Really impressed with #BestBuy. #Halifax store, employee in Music dept too busy writing his own music to even acknowledge a customer.

► @Nicki_Doyle: I'm declaring the word 'sprawl' to be my least favorite in the year 2012. Snobbery just oozes out of its every use. Get a grip Halifax.

► @Sarah Carver: @metrohalifax the lady that gives the metro out in the maritime center is so friendly and awesome, just wanted to let you know

Daily Zoom



Researcher's crush is what's in this name

A newly discovered horse fly in Australia with its golden-haired bum is pinned at the Australian National Insect Collection in Canberra. For Bryan Lessard, a researcher of Commonwealth Scientific and Industrial Research Organization and a fan of pop diva Beyoncé, there was only one name worthy of its beauty: Beyoncé.

He wanted to pay respect to the insect's beauty by naming it *Scaptia (Plinthina) beyonceae*.

Previously published results were recently announced on the species that had been sitting in a fly collection since it was captured in 1981 — the same year Beyoncé was born.

THE ASSOCIATED PRESS

Beyonceae

► Lessard said Beyoncé would be "in the nature history books forever" and the fly now bearing her name is "pretty bootylicious" with its golden backside.

► He added he was unable to find any live specimens in 2010. However, at least one member of the public has alerted him that he was recently bitten by what's locally called the "gold bum fly."

2
sceneBeckinsale gets her
bite back

► Underworld star Kate Beckinsale explains how her stunt work is getting better with age

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METRO WORLD NEWS IN HOLLYWOOD

Scene in brief



Kid Rock has apologized after a man complained that the musician smoked a cigar at a nonsmoking venue in the Detroit area. Randy Snell says Kid Rock lit the cigar while attending country singer Travis Tritt's show Friday at Andiamo Celebrity Showroom in Warren. Spokesman Nick Stern told The Detroit News that Kid Rock offered his "most sincere apologies" to patrons he may have offended. He said he had been drinking alcohol. Fifty-eight-year-old Snell of Trenton has asthma and says he plans to file a health department complaint. Michigan law prohibits smoking at workplaces including bars and restaurants.

THE ASSOCIATED PRESS

Golden Globe parties
crowded with tired, but
grateful, stars

Underworld: Awakenings marks Kate Beckinsale's third outing — after skipping the franchise's last installment — as ruthless, gun-toting vampire Selene, so the British actress has had time to adjust to her character's temper. "I suppose it's my second or third time playing the character, so I'm used to the fact that she doesn't hold back when she's annoyed," she says.

Annoyed is one way to put it. In the new film, Selene bites, shoots and stabs her way through countless human and werewolf foe after waking up from a forced 12-year hibernation. And after three films, Beckinsale is still amazed she's developed a reputation as an action star. "It's so crazy, it's absolutely mad. And you'd think I'd be more used to it now," she says.

So what would the Oxford-educated actress like to be doing besides dispatching bad guys? Making people laugh. "I'm quite smiley and jolly in real life," she says. "I'd love to do more comedy. I don't find very many comedies



► Kate Beckinsale reprises her role as the vampire Selene in Underworld Awakenings, which opens on Friday.

where I find the women's parts are very funny. Bridesmaids was so exciting because that doesn't happen very often."

Of course, Kristen Wiig and her Bridesmaids crew had to write those parts for themselves. "Interestingly, they don't have children," Beckinsale says with a laugh. "I realize there's a limit to the multitasking that I'm capable of. There are people who are much more capable of doing 20 things, and I'm doing two

as well as I can. So I know that I'm moving into a very different stage with my daughter. She's about to be 13 this month, and whilst obviously you're still their mother, it's in a slightly different way than when they're three years old. I'm anticipating a little bit more free time while she's on Facebook."

At 38, Beckinsale is by no means old, but Hollywood can be a cruel place for actresses. She acknowledges the industry's double

standard for women and men when it comes to maturity, but she's ignoring it. "You're talking to someone who's just spent the entire year running about on a wire," she says. "For me, I haven't been handed my carpet slippers or experienced any career hot-flashes yet. I'm sure I will, but this hasn't been it. So I'm able to live in my little bubble where I'm not about to be 70 years old."

In fact, when comparing how she handled the

Hollywood today

Kate Beckinsale is by no means a fan of the TMZ age, with constant paparazzi attention, but that doesn't mean she doesn't understand it. "I think we've lost that slightly magical air of what movie stars used to be," she says. "There's something that is very spoiled now. It is very tempting to expose everyone's feet of clay because we are so bombarded with visuals of the perfect female and male form that I think it's very oppressive to people. You can't help but want to actually prove it wrong because most of those photographs are air-brushed and most of those people are probably taking cocaine to be thin."

stunt work on the first Underworld film to Underworld: Awakenings, Beckinsale says she's actually getting better with age. "I just feel better because I was such a novice then," she says. "Whether I've lost energy, eggs, hope, bone density, whatever — fullness in my breasts — I'm not aware of that as much as I am the fact that I'm more confident in the stuff."

DVD reviews

Buy it (★★★★★) | Rent it (★★★★) | Borrow it (★★★) | Yawn (★★) | Don't bother (★)

The Ides of March

Genre: Drama

Director: George Clooney

Stars: Paul Giamatti, George Clooney, Philip Seymour Hoffman, Ryan Gosling

George Clooney's presidential campaign drama traverses familiar political corridors, tut-tutting over backroom manoeuvres and minor loyalty tests as if this were 1952 rather than 2012. That's entirely forgivable, because stellar performances make the movie: Ryan Gosling and



Clooney lead a crack cast that also includes Philip Seymour Hoffman, Paul Giamatti, Evan Rachel Wood, Jeffrey Wright and Marisa

Tomei, all at the top of their game. They're great to watch together, even if your eyes occasionally roll.

Clooney, in his fourth and most accomplished directorial turn, casts himself as Mike Morris, the Pennsylvania governor who

seeks to lead the Democrats in a presidential contest, first by winning the crucial Ohio primary. The film's central figure isn't Morris, but his press wrangler, Stephen Myers (Gosling). The talent's all there, but Clooney and frequent collaborator Grant Heslov lose the plot in their screen adaptation.

● PETER HOWELL

Killer Elite

Genre: Action

Director: Gary McKendry

Stars: Jason Statham, Clive

Owen, Robert DeNiro

●/●

In director Gary McKendry's latest eruption, Jason Statham, Clive Owen and Robert De Niro play professional score-settlers of various vintages and shifting motivations. But what we see on the screen doesn't live up to the hype. The plot? Don't ask. While there's plenty of death on the screen, the real casualties of Killer Elite are the brain cells of people watching it.

● PETER HOWELL

Sunday night's alright for fighting

► Elton, husband have choice words for Madge, who decides to play it cool

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA



Elton John and Madonna are in the middle of a huge feud — and honestly, I haven't seen two queens go at it this hard since RuPaul's Drag Race.

It started Sunday night at the Golden Globes, when both of the icons were nominated against one another in the category of Best Original Song in a Motion Picture.

Madonna was nominated for Masterpiece in W.E. while Elton was tapped for Hello Hello from Gnomeo & Juliet. When asked by Carson Daly on the red carpet about the chances of Madonna winning, EJ quipped: "Madonna doesn't have a (expletive) chance."

"Those are fighting words," Daly told Elton, who replied, "No, those are actual words."

Then, when Madonna actually won, Elton's partner, David Furnish, went onto Facebook to vent his frustration.

"Madonna. Best song???? (Expletive) off!!!"



► Elton John

Not satisfied, he continued his rant: "Madonna winning Best Original Song truly shows how these awards have nothing to do with merit. Her acceptance speech was embarrassing in its narcissism," he wrote.

Madonna won't fight dirty though (but, oh, how I

wish she would fight dirty!), and backstage she was the emblem of polite.

"I hope he speaks to me for the next couple of years," she said about John.

"He's been known to get mad at me so I don't know. He's brilliant and I adore him so he'll win another award. I don't feel bad!"

Way to take the high road, Madge. You could have easily just pointed out that the man known for such classic compositions as Candle in the Wind and Rocket Man was this year hoping to win an award for a movie called Gnomeo & Juliet.

Demi goes clubbing with her daughters


Demi Moore is getting back into the swing of single life by tagging along with her daughters on their nights out, according to People magazine.

Moore hit up nightclub Beacher's Mad-house with 23-year-old daughter Rumer and her young pals re-

cently, where she sipped Red Bull, danced on a couch and chatted up 27-year-old 90210 actor Ryan Rottman, sources say, adding that mother and daughter stuck by each other most of the night and stayed at the club until closing time.



Demi Moore



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3
life

A new study shows



3

minutes of exercise a day could help prevent type 2 Diabetes, according to scientists from the University of Bath in the U.K.

● METRO WORLD NEWS



Antidepressants in late pregnancy may double rate of rare condition in babies



► Injuries can pile up quickly while on the slopes.

Ski smarter this season

► We often hit the slopes without training – or thinking about the damage it could have on our body ► Professional skier Amie Engerbretson explains how adding yoga can help you out

Hot chocolate breaks and cheese fondue aside, a skiing holiday can be straining.

Even professional skier Amie Engerbretson, who also stars in catalogue shoots, finds the sport is tough on her body. Core work and yoga help her focus and thrive.

Build the core

Yoga builds up core strength, which is what maintains your back and without it you would struggle to stand up straight.

"People focus on building muscle in the legs when what they should be

focusing on is the back," says Engerbretson.

"That's where you'll be taking a beating. Assuming you have a strong core and back, your body will be able to absorb the shock caused by the bumps you hit going downhill. With a weak core, your body will collapse on every impact, breaking down a little each time."

A strong core keeps you standing upright and stops you from hunching over, the biggest cause of the 'scorpion' fall, when your back curves and your legs (and skis) curl under your body.



People focus on building muscle in the legs when they should focus on the back.

AMIE ENGERBRETSON

Stand up straight

A lot of skiers suffer from poor posture but what they don't realize is that body alignment is directly linked to core strength.

"As soon as you get your skis on you should be

thinking about getting your posture right," says Engerbretson. "Bring the spine upright, align your shoulders with the hips and drive your hips down into snow."

Load up your legs

In order to build up leg strength, Engerbretson cross trains, mixing up mountain biking, bar method and yoga. Yoga's holding poses, such as the tree pose, are particularly beneficial when it comes to strengthening the lower body.

"Holding poses require sustained muscle energy. When you're in the tree

pose (standing on one leg) and stretch out your leg from the joint, you're actively engaging your core in order to balance on one leg."

Those who have done help this sort of pose will have experienced micro wobbles in their legs.

"The stabilizer muscles are the tiny muscles in the joints. When you stand in a balance pose and the leg wobbles, you are engaging and therefore toning and strengthening these tiny muscles and therefore protecting the knee joint," she explains.

● METRO WORLD NEWS

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The workout

3 SKI-BETTER MOVES

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1 High mountain
for better posture and stronger thighs

Start with your feet hip-width apart firmly pressing into your feet and energizing your legs. On an inhalation, lift your arms up alongside your ears with your palms facing each other.

2 Forward bend with hand clasp

stretches the hips, hamstrings and thighs. The hand clasp increases the intensity of the pose.

Exhale, swing forward and clasp your hands behind your back as you fold into a forward bend. Keep the weight from falling back onto your heels and stretch your hamstrings,


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back and shoulders in this forward fold. Scoop your lower abdominals in and up, and as you take your arms overhead try to keep the top of the shoulders relaxed.

3 Skier's chair pose into high lunge

chair pose strengthens the spine and thighs and the high lunge works on strengthening the legs and the arms.

Inhale, bend your knees



► Skier's Chair Pose

and come in to a skier's chair tuck keeping your hands clasped behind your back, abdominals engaged.

Bend deeply and gaze forward as you step your right leg back behind you

and swing your arms up alongside your ears coming into a high lunge. Make sure your front knee is directly over your front ankle and press firmly through your back thigh and out through the heel.



► Forward Bend with hand clasp



► High Mountain

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INFORMATION SESSION IN HALIFAX : March 15th
At Dalhousie University, Student Building (E100) # 303 at 7h30 pm

Beef Arugula Rotini**Preparation:**

1 In bowl, combine beef, garlic, parsley, fennel powder, pepper. Cover and refrigerate for 1 hour. In skillet heat oil over medium high heat and cook meat mix until browned.

2 In pot of boiling salted water, cook pasta 10 mins. or until al dente. Drain, reserving 125 mL (1/2 cup) of cooking liquid. Add pasta to meat mix and stir in reserved cooking liquid. Cook 2 mins. Remove from

Ingredients:

- 750 g (1 1/2 lb) lean ground beef
- 2 cloves garlic, minced
- 15 mL (1 tbsp) parsley
- 1 mL (1/4 tsp) fennel powder
- black pepper
- 15 mL (1 tbsp) olive oil
- 1 pkg (500 g) whole-grain rotini
- 500 mL (2 cups) torn arugula
- 30 mL (2 tbsp) Parmesan

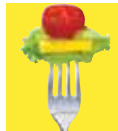
heat. Stir in arugula, cheese. **THE CANADIAN PRESS/ BARILLA**

A winning combo of burritos and ice cream

► Known for its delicious cool treats (think mint chocolate chip), Dee Dee's also serves up great burritos ► Try it in chicken or beef with the works

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Dee Dee's is an ice cream shop that makes a mean burrito. This cute corner café is a north-end favourite with just two tables and a few stools in the windows.

Having established its reputation at Peggy's Cove and the Farmers' Market for delicious homemade ice cream, its expanded into soups, chili and corn bread, and the biggest burritos your heart and stomach desire. I have the chicken



► Chicken burrito (\$10.95)

► **Dee Dee's**
5668 Corwallis St.
407-6614
Hours: Tues - Sat (10 a.m. - 7 p.m.), Sun (10 a.m. - 6 p.m.)
Social lunch: Yes
Quick solo lunch: Yes
Price range: \$\$
Rating: 3 out of 5

(free-range) burrito while my pal goes for beef (\$10.95 with the works). It's heavy on the lettuce, but well stuffed with meat, cheese, beans, sour cream and rice.

We take them home and add hot sauce, regretting not having asked the friendly clerk for more.

The hot chocolate (\$3) is unbelievably tasty — this day's special is made

with Venezuelan chocolate and chili. Oh, yum.

A tub of mint chocolate chip ice cream (\$7) miraculously makes its way home for an appropriately decadent finish.

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BRUCE SELLERY
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As co-host of Million Dollar Neighbourhood, Bruce Sellery helps families address their money problems with tough love.

The show starts in Aldergrove, B.C., where one community will confess their bad money secrets, come to terms with their debt denial and find a whole lot of money by selling, downsizing, swapping, bartering, investing and some good old-fashioned sweat equity.

Feeling inspired to save some? Here's Sellery's Top 3 tips for Metro readers. **Get fanatical about fees:** Look closely at the fees

you're paying for cell-phone plans, Internet, banking and investing. Figure out what you're paying then see if you can get a better deal from a different provider. If you can, call and ask your company to put you on a better plan. If they won't, saunter on over to their competition.

Put your credit card on ice: Store your credit card in the freezer and live cash only for one month. This will make you more conscious of what you spend your money on. This will help you find some places to cut back. Credit cards mask over the pain of spending, which is one reason consumer debt levels are so high. Pain can be a good thing as it helps us avoid danger. Going cash only will help bring back the pain and reduce the

► **New TV show challenges 100 families to raise their collective net worth by \$1 million over 10 weeks**
► **If the community makes their goal, one family wins \$100,000**

danger of over-spending. **Take a second look at past tax returns:** Consider using a professional tax preparer to look at old returns and see if there are tax credits

or deductions you may have missed.

BRUCE SELLERY IS AUTHOR OF MOOLALA: WHY SMART PEOPLE DO DUMB THINGS WITH THEIR MONEY AND WHAT YOU CAN DO ABOUT IT.



► Bruce Sellery, left, and Dr. Joti Samra co-host Million Dollar Neighbourhood. The show premieres Sunday on OWN.

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Quoted



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HAMILTON BULLDOGS HEAD COACH CLEMENT JODOIN, ON BEDFORD NATIVE PETER DELMAS, PICTURED, MAKING 26 SAVES ON SUNDAY IN A 2-1 WIN OVER THE TORONTO MARLIES IN HIS FIRST AMERICAN HOCKEY LEAGUE GAME THIS SEASON.

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▶ Steve Sumarah during his days as head coach of the Saint Mary's Huskies.

Carleton picks Sumarah for football re-launch

► Fired by Saint Mary's six weeks ago, Halifax native lands job in Ottawa



MATTHEW WUEST
@METRONEWS.CA

Steve Sumarah is starting from scratch — in more ways than one.

The Halifax native, fired just six weeks ago as head coach of the Saint Mary's Huskies, promptly ended his unemployment on Monday when he was officially named head coach of the Carleton Ravens.

Not only will he uproot his family to move to a new city to start a new job, he's now at the helm of a program that is re-launching

in 2013 after a 15-year hiatus from Ontario University Athletics football.

"The fact you can start your own program is a phenomenal opportunity," Sumarah said. "The cupboard is empty. There's not even a crumb in there right now. We've got to get some coaches, organize a plan, and hopefully have 85 guys dressed in Ravens colours come training camp in 2013."

Sumarah spent six seasons at Saint Mary's, going 35-12, capturing four championships, winning three Atlantic University Sport

coach of the year awards, and taking the national top-coach honour in 2009.

He said the groundwork is in place for him to achieve more success at Carleton.

"They really want this to be a top-notch program and they're prepared to do what they can to get it to the level of their basketball program," Sumarah said, referencing the seven-time national champion Ravens hoops powerhouse.

He starts his new job in Ottawa next week, while his wife Amanda and their three children — aged

three, 15 and 16 — will stay in Halifax until the end of the school year before joining him.

Sumarah described leaving his hometown as "tough."

"I had a very rare opportunity to have a head-coaching job in Canada and I was lucky enough to have it in my hometown," he said. "But when things change, sometimes that opens your eyes to so many more things that are out there. ... The opportunities here for the family are incredible and we're pretty excited."

Rainmen cut ties with ex-NBAer Robinson



▶ Eddie Robinson

The Halifax Rainmen have cut the most accomplished player ever to suit up for the franchise.

Eddie Robinson, whose 278 NBA games are more than any player in team history, was released Monday after appearing in nine of the Rainmen's 19 contests. He was averaging 9.8 points per game.

The six-foot-nine Robin-

son, 35, was making his basketball comeback with the Rainmen after taking a four-year hiatus to spend time with his family in Houston.

The move, which cuts Halifax's healthy roster down to 11 players, opens the door for the return of six-foot-nine centre Abdul-lahi Kuso.

Kuso, who is averaging

5.8 points and seven rebounds per game, is recovering from a finger injury and is expected to come off injured reserve soon.

The Rainmen, tied for second in the National Basketball League of Canada with a 14-5 record, visit the first-place London Lightning on Thursday at 8 p.m.

► **MATTHEW WUEST**

QMJHL

STANDINGS

| | W | L | T | P |
|-----------------|----|----|---|----|
| *SHAWINIGAN (6) | 32 | 10 | 4 | 68 |
| *SAINT JOHN (5) | 32 | 13 | 2 | 66 |
| *B.-BOISBRIAND | 23 | 18 | 3 | 49 |
| QUEBEC (4) | 29 | 9 | 6 | 64 |
| VICTORIAVILLE | 29 | 15 | 2 | 60 |
| HALIFAX | 26 | 14 | 4 | 56 |
| RIMOUSKI | 27 | 20 | 0 | 54 |
| CHICOUTIMI | 22 | 15 | 8 | 52 |
| BATHURST | 22 | 19 | 5 | 49 |
| MONCTON | 21 | 19 | 5 | 47 |
| BAIE-COMEAU | 21 | 18 | 4 | 46 |
| GATINEAU | 18 | 18 | 8 | 44 |
| VAL-D'OR | 20 | 22 | 4 | 44 |
| DRUMMONDVILLE | 17 | 24 | 5 | 39 |
| CAPE BRETON | 17 | 26 | 1 | 35 |
| R.-NORANDA | 14 | 27 | 4 | 32 |
| P.E.I. | 13 | 27 | 4 | 30 |

*-DENOTES DIVISION LEADER; NATIONAL RANKING IN PARENTHESES

UPCOMING GAMES

Friday, Cape Breton at Halifax, 7 p.m.
Saturday, Halifax at Saint John, 7 p.m.

MOOSEHEADS SCORING

| RANK | GP | G | A | P |
|--------------|----|----|----|----|
| MACKINNON | 36 | 22 | 33 | 55 |
| GRENIER | 40 | 18 | 25 | 43 |
| ASHLEY | 39 | 15 | 27 | 42 |
| BOUDREAU | 44 | 20 | 21 | 41 |
| CRITCHLOW | 44 | 14 | 20 | 34 |
| ABELTSHAUSER | 33 | 5 | 24 | 29 |
| CIAMPINI | 44 | 9 | 19 | 28 |
| ANDREWS | 37 | 7 | 15 | 22 |
| CUZNER | 44 | 10 | 6 | 16 |
| DESMOND | 41 | 5 | 10 | 15 |
| LEWIS | 42 | 4 | 9 | 13 |
| COTE | 34 | 6 | 6 | 12 |
| RANDELL | 44 | 6 | 4 | 10 |
| DROUIN | 9 | 2 | 8 | 10 |

NBL Canada

STANDINGS

| | W | L | Pct | GB |
|------------|----|----|------|------|
| LONDON | 18 | 5 | .783 | — |
| HALIFAX | 14 | 5 | .737 | 2.0 |
| QUEBEC | 17 | 8 | .680 | 2.0 |
| SAINT JOHN | 9 | 13 | .409 | 8.5 |
| SUMMERSIDE | 8 | 14 | .364 | 9.5 |
| OSHAWA | 8 | 16 | .333 | 10.5 |
| MONCTON | 4 | 17 | .190 | 13.0 |

UPCOMING GAMES

Thursday, Halifax at London, 8 p.m.
Saturday, Quebec at Halifax, 7 p.m.
Sunday, Summerside at Halifax, 2 p.m.

Oppong to Power

Former Rainmen guard Papa Oppong has joined the Oshawa Power.

- Oppong, a six-foot-four Toronto native, was Halifax's second-round pick, 13th overall, in the inaugural NBL Canada draft, but he was cut after appearing in eight games.
- He played 12 minutes in his Power debut on Thursday.

Crosby turns to familiar treatment

► Penguins star to make return visit to Toronto-born chiropractor

Sidney Crosby's recovery is back in the hands of chiropractor Ted Carrick.

The Pittsburgh Penguins announced Monday their captain will meet with Carrick this week. Crosby was treated by the founder of chiropractic neurology in August and credited him with helping accelerate his return from a concussion earlier this season.

Crosby last played for the Penguins on Dec. 5, when his concussion symptoms returned.

Crosby's agent, Pat Brisson, noted Carrick specializes in helping improve the "vestibular system" — which contributes to balance and spatial awareness.

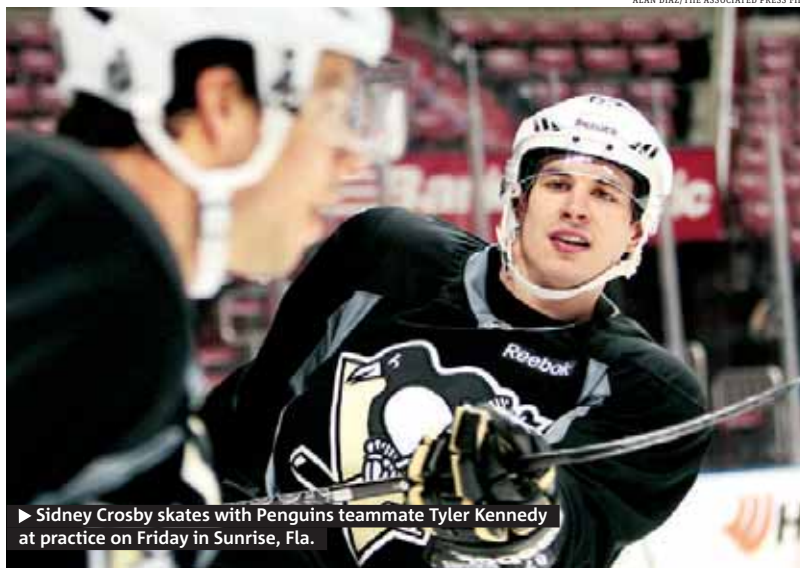
That continues to be a problematic area for Crosby. He accompanied the Penguins on a three-game

"Sidney has made a lot of progress but he is still having some symptoms, so this is the next step in his recovery."

PENGUINS GM RAY SHERO

road trip last week and skated twice in Florida, telling reporters afterwards he continues to deal with issues related to motion.

"The motion stuff has kind of been the issue, both the time before and now going through it for a bit," Crosby said Friday. "The good thing is that I have a pretty good handle on it, and I'm always able to (treat) that. That was a big help in August when I went to Atlanta (to see Carrick).



► Sidney Crosby skates with Penguins teammate Tyler Kennedy at practice on Friday in Sunrise, Fla.

"So I know I can handle that if I need to and if it comes to that."

The Toronto-born Carrick practises in Florida and

Georgia, and founded the Carrick Institute for Graduate Studies to teach his method of treating brain injuries. Viewed by some

medical professionals as unorthodox, Carrick's holistic approach has gained notoriety through his work with Crosby, which was

chronicled on CBC's Hockey Night in Canada and in a lengthy Maclean's feature.

Carrick's treatment combines chiropractic practice with neurology and includes the use of a "whole-body gyroscope" — a rotating chair which spins upside down in an effort to stimulate the brain.

"We tailor our treatments very specifically to the individual," Carrick told Maclean's last year. "When we have an area that's not working right, we look at other areas that can compensate for that if we need to, or we look at mechanisms to make those areas work right."

Since being diagnosed with a concussion Jan. 6, 2011 — after taking hits to the head in consecutive games — Crosby has appeared in just eight NHL games, registering two goals and 12 points.

THE CANADIAN PRESS

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Spiritual

PRAYER TO THE BLESSED VIRGIN (Never known to fail. All that is needed is to ask) O most beautiful flower of Mount Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin assist me in necessity. O Star of the Sea help me and show me you are my mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart, to secure me in my necessity (make your request, no matter how impossible). There are none that can withstand your power. O Mary conceived without sin pray for us who have recourse to thee (repeat three times) Holy Mary I place this cause in your hand. Say this prayer for 3 consecutive days, publish it and whatever you asked will be given to you. CL

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MAINTENANCE AND MINOR IMPROVEMENT SERVICES ON MARRIED MILITARY QUARTERS AT 14 WING GREENWOOD, NOVA SCOTIA

As a Special Operating Agency of the Department of National Defence (DND), the Canadian Forces Housing Agency (CFHA) is responsible for managing DND family housing, including the provision of maintenance and minor improvement services.

Defence Construction Canada (DCC), on behalf of the CFHA is calling for the submission of tenders for maintenance and minor improvement work on family housing units at 14 Wing Greenwood, Nova Scotia. The work will be done under Standing Offers (SO) on an "as requested" basis. The SOs will be in place from **April 1, 2012 to March 31, 2014** (two years), with an option to extend for two additional one-year periods.

SOs will be established for maintenance and minor improvement work in the following trades: tile, resilient sheet flooring and carpet, carpentry, roofing, plumbing, electrical, hardwood floors, cleaning, painting, concrete and asphalt, grass cutting, landscaping and tree service, pest control, snow removal, and heating, ventilation and air conditioning (HVAC). Firms that consider themselves qualified to provide residential housing maintenance and minor improvement services, are invited to contact DCC at Tel: **(902)765-1494 ext. 5436** to obtain the list of work packages.

Those wishing to obtain the tender documents for providing any of the packaged residential housing maintenance and minor improvement services must place an order with MERX by logging on their website: www.merx.com or by calling **1 (800) 964-MERX (6379)**.

THE TENDER DOCUMENTS WILL BE AVAILABLE ONLY THROUGH MERX DISTRIBUTION.
The tender closing date is: **February 7, 2012** for all packaged services projects
The tender closing time is: **14:00 hours**, local time, for all packaged services projects
Sealed tenders will be received at the following location:

DCC Greenwood Site Office
Hangar 5
P.O. Box 39
14 Wing Greenwood
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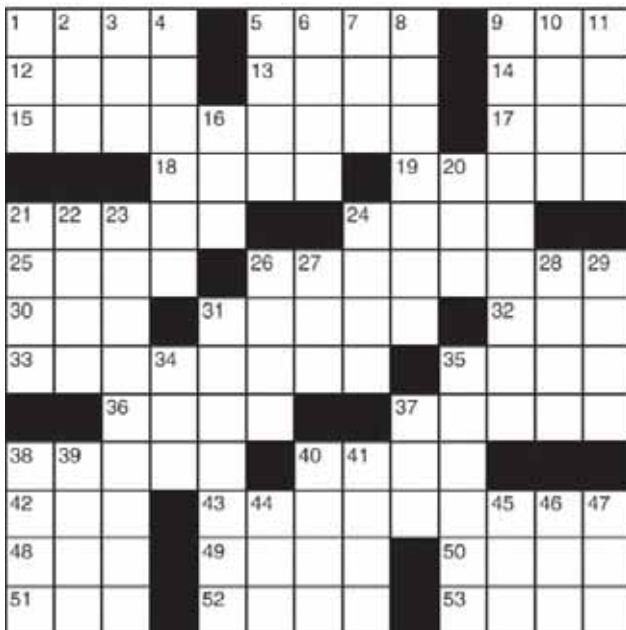
Crossword

Across

- 1 Help on the sly
- 5 Creche visitors
- 9 Sch. org.
- 12 Short skirt
- 13 Astringent
- 14 Rowing need
- 15 Quickly
- 17 Take to the slopes
- 18 Stretch vehicle
- 19 Played Hamlet, e.g.
- 21 Stares stupidly
- 24 Soon, in poetry
- 25 Crucifix
- 26 Some graduate courses
- 30 — and outs
- 31 Maximum
- 32 "The way" in China
- 33 Debris
- 35 Crazy
- 36 Stubborn beast
- 37 Dissolves
- 38 Sordid
- 40 Many millennia
- 42 Standard
- 43 Put off
- 48 Request
- 49 Operatic solo
- 50 Goodyear product
- 51 "Indeed"
- 52 Transaction
- 53 Verve

Down

- 1 Roadie's equipment
- 2 Life story, for short
- 3 Type measures
- 4 Like nobility, e.g.
- 5 Sir's partner
- 6 Too
- 7 Eviscerate



- 8 "This is no joke!"
- 9 Of the very, very young
- 10 Seize
- 11 Saharan
- 16 Man's possessive
- 20 Swindle
- 21 Puzzle diagram, e.g.
- 22 Highly rated
- 23 Mailing-date indicators
- 24 Writer Kingsley
- 26 Location
- 27 Ostrich's cousin
- 28 Huck's transport

- 29 Drunkards
- 31 Frog's perch, maybe
- 34 Piratic potation
- 35 Signify
- 37 Unruly hairdo
- 38 Fix, in a sense
- 39 Relaxation
- 40 Europe's neighbour
- 41 And others (Lat.)
- 44 Raw rock
- 45 Zero
- 46 Historic period
- 47 Lair

► Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 9 | 4 | 6 | 2 | 3 | 7 | 8 | 5 |
| 7 | 3 | 8 | 1 | 4 | 5 | 6 | 9 | 2 |
| 2 | 5 | 6 | 9 | 7 | 8 | 1 | 4 | 3 |
| 6 | 2 | 7 | 5 | 3 | 4 | 8 | 1 | 9 |
| 9 | 8 | 5 | 7 | 1 | 6 | 3 | 2 | 4 |
| 4 | 1 | 3 | 2 | 8 | 9 | 5 | 6 | 7 |
| 5 | 4 | 1 | 3 | 6 | 2 | 9 | 7 | 8 |
| 3 | 7 | 2 | 8 | 9 | 1 | 4 | 5 | 6 |
| 8 | 6 | 9 | 4 | 5 | 7 | 2 | 3 | 1 |

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*honey
if loving u is wrong i dont
want to be right*
FROM BEE

*My girl
i will never be a socialite
would want to be a
socializee.*
FROM ME

*I'm sorry
I love you. I can't help it.
Maybe something will help
me out,*
FROM I'M YOUR FRIEND

*White shirt
Last Thur I was in DT hope-
fully to me you after an hour
I saw you in the car of mer-
cedes-benz with white shirt
right or I was dreaming?*
FROM ME

*Ba
Yeah, I have classes everyday
and I need to be protected or
socialized even through this
is a piece of cake for me.*
FROM ME

Today's horoscope

♈ Aries March 21-April 20

What are you hoping for? What is the one thing that would make your life more enjoyable? If you know the answer to those questions then you are closer to success than you think.

♉ Taurus April 21-May 21

You can sense that something unusual is going to happen and that it's only a matter of time before your talents are rewarded.

♊ Gemini May 22-June 21

You've no doubt had your fill of upheavals of one sort or another and it won't be long before a more positive phase begins.

♋ Cancer June 22-July 22

You will make a new friend — someone who not only brings a great deal of fun into your life but who will, at some stage in the future, benefit you financially too.

♌ Leo July 23-Aug. 23

Worry less about your work and worry more about your relationships.

♍ Virgo Aug. 24- Sept. 22

However fast you happen to be moving you should slow down a bit over the next few days.

♎ Libra Sept. 23-Oct. 23

Life may have been tough of late but in a few days time you won't want to trade places with anyone.

♏ Scorpio Oct. 24-Nov. 22

For today's crossword answers and for expanded horoscopes, go to metronews.ca

You must speak up and tell the truth as you see it.

♐ Sagittarius Nov. 23-Dec. 21

Today it will pay you to keep a (very) low profile.

♑ Capricorn Dec. 22-Jan. 20

There's no excuse to give up on things that should have been finished by now.

♒ Aquarius Jan. 21-Feb. 18

Your ego needs stroking so get out there where you'll be seen.

♓ Pisces Feb. 19-March 20

Your task today is to cut out the noise of your everyday environment and pay attention to that small voice within. It has lots to tell you. **SALLY BROMPTON**

Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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